

SPECIALIST AGENCIES FOR HELP WITH ADDICTION IN THE TARENDAISE VALLEY

*prévention, traitement,
risk reduction*



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CODE OF CONDUCT IN THE SKI STATION

*Alcohol and drugs
(cannabis, cocaïne, ecstasy,...)*

Emergency numbers

112

(european emergency number)

15 (Samu)



web

The object of this guide is to inform users of alcohol or drugs about the risks linked to their use.

It's aim is to :

☞ Orientate

☞ Inform

☞ Advise



What the **law** says

Some indicators

ALCOHOL

In France, alcohol use subject to certain laws.

The sale of alcohol to minors is forbidden.

Public drunkenness is illegal.

From 50mg alcohol per liter of blood, a driver is in violation

A new driver is committing an offence with over 20 mg/l blood alcohol. The penalties include fines, loss of licence, points on your licence...

DRUGS : CANNABIS, HÉROIN, COCAÏNE, LSD, ECSTASY...

In France, the possession or consumption of illegal drugs in private or public is strictly forbidden.

The use of drugs is an offence which may be punishable by 1 year imprisonment and a 3750 euros fine. Drug offences include buying, importing, possessing, transporting, exporting, offering, selling, or using illegal drugs.

LIMIT THE RISKS TO MAXIMISE THE FUN !

Think about **eating** before drinking alcohol.

Regularly drink non-alcoholic drinks between your alcoholic ones (alcohol deshydrates).

Alcohol leads to dis-inhibition and to increased risky sexual behaviour : **always have a condom with you !**

Dress properly and take a coat when you go out to avoid the risk of hypothermia.

Never leave a drunk or stoned friend alone. If they become unwell, lay them on their side and **call the emergency services**. Regularly check their state of consciousness, especially if they have drunk too much alcohol because an alcoholic coma can be fatal !

Never take a drug that you are not familiar with, the dosages can vary !

Mixing drugs and alcohol = Danger !

Never drive if you've been drinking or taking drugs.